

DIABETES
AWARENESS
MONTH

STATEWIDE
CALENDAR OF
COMMUNITY
EVENTS

NOVEMBER 2003



SCREENINGS,
EDUCATIONAL
EVENTS
AND FLU SHOTS

PATIENT EDUCATION PROGRAMS AND SUPPORT GROUPS

KAUA'I

NO COST Diabetes in the Ilocano Population, Nov. 14, 6:00pm at Wilcox Hospital

"Diabetes-from Head to Toe" Seminar by MD's at Wilcox Hospital on Nov. 25 at 6:30pm

"The Secret Life of Fatty Acids" Seminar by Dr. Catherine Shanahan, Dec 17, 12:30-1:30pm at Wilcox Hospital

Nutrition Classes at Wilcox Hospital:
Nov. 4, 5pm & Nov. 20, 10am & Dec. 9, 4:30pm Healthy Holiday Cooking, Conf. Rm. B

Nov. 6, 10am & Nov. 18, 5pm & Dec. 4, noon Diabetes Meal Planning For the Holidays, Conf. Rm. B

Nov. 11 6pm Diabetes Support Group, Mauka

Nov. 13, & Nov. 20, & Dec. 11, noon & Dec 16, 5pm Specialized Meal Planning, Conf Rm. B

Classes by Ho'ola Lahui Hawaii:

Nov. 21, 5pm to 8pm Cooking Demo by Kelly Chaney at HLH

Oct. 26 to Dec. 6, Outmove Diabetes Incentive Exercise Program at HLH

O'AHU

NO COST Adult Diabetes Support Group Nov. 1, 9:30am to 11:30am Sponsored by American Diabetes Association for info call: 947-5979

FEE \$65.00 "Living with Diabetes" by Malia Sommers, RD Nov. 18, 25, Dec. 2, 9, 10:30am to noon. Sponsored & held at Castle Wellness Center for info call 263-5400

NO COST Diabetes Support Group Every fourth Thursday s at Castle Wellness Center for info call 263-5400

NO COST Special Events: Healthy cooking demos by Walter Kaneshiro, Body Fat Analysis, Risk Assessment, Hgb/A1C testing, Dieticians and Diabetes Educators available at Kamehameha Shopping Center Nov. 15 10am to 6pm sponsored by Queen's Medical Center and Star Markets

"Managing Diabetes with Balancing Skills" Nov. 17 & 24 and Dec. 1 to 8 at & sponsored by Queen's Medical Center call for info 547-4823

MAUI

Keiki Diabetes Support Group
Call: Mary Tanaka at 243-6111 for information

Simply Healthy Café Monday thru Friday 11am to 2pm at Cameron Center for menu call 249-8955

HAWAII

Classes by & at Diabetes Education and Counseling Center:

"Oral Care for Diabetics" by Dr. Guy Rapoza Nov. 13, 10am

Novo-Nordisk class by Naomi Leong Nov. 14, 6:30pm

DIABETES SCREENINGS

KAUAI

NO COST kidney screening sponsored by Ho'ola Lahui Hawaii and National Kidney Foundation Hawaii. Held at HLH, Nov. 8, 8am to 1pm by appt. only

NO COST diabetes screenings sponsored by Ho'ola Lahui Hawaii

* November 12, 10am to noon Marriott Benefits and Health Fair

* November 18 & 25 6:30am to 10am Kekaha Neighborhood Center

* NO COST Kidney Screenings: Sponsored by National Kidney Foundation & HLH Nov. 8, 8am to noon at HLH November 6 & 20, 8am to 10am Anahole Clubhouse

* NO COST Nov 13 & Nov 14, 8am to 2pm Hanapepe NC for Hawaiian Agencies & Organizations Makahiki

* NO COST Nov 15, 9am to noon at Kukui Grove Center for seniors.

NO COST diabetes screenings Nov. 12, 8am to 1pm Marriot Hotel Health Fair for employees

NO COST diabetes screenings sponsored by Kauai Medical Clinic & Wilcox Hospital and held at Wilcox Hospital. Nov. 14, 5pm to 6pm

O'AHU

NO COST diabetes screenings sponsored by and held at Waianae Coast Comprehensive Health Center. Nov 5, 11am to 1:30pm

HAWAII

NO COST diabetes screenings sponsored by and held at the Diabetes Education & Counseling Center Nov. 8, 8am to 9am & immediately following, at Hilo Shopping Center, 9am to 1pm

NO COST FLU SHOTS

KAUAI

NO COST Nov. 8, 9:30am to 1:30pm & 3pm to 5pm Long's Lihue, Kukui Grove

O'AHU

NO COST Nov. 1, 9am to 3pm Long's Kahala Mall

NO COST Nov. 6, 8am to noon & 4pm to 6pm Long's Hawaii Kai

NO COST Nov. 8, 8am to 2pm & 9am to 3pm Long's Pearl City Shopping Center

NO COST Nov. 11, 9am to 3pm Long's Wahiawa

NO COST Nov. 12, 9am to noon & 3pm to 6pm Long's Manoa

MAUI

NO COST Nov. 4, 9:30am to 1:30pm & 3pm to 5pm Long's Kahului

HAWAII

NO COST Nov. 13, 9:30am to 1:30pm & 3pm to 5pm Long's Hilo Prince Kuhio Plaza

DIABETES EVENTS

O'AHU

Tour De Cure Cycling Fundraising sponsored by American Diabetes Association Nov. 16, to register call 947-5979 \$30.00 per person \$40.00 after 10/31 fundraising \$50.00 minimum

MAUI

Juvenile Diabetes Research Foundation sponsoring Annual Fundraising & Awareness Raising Walk Nov. 15, Keopuolani Park, Kahului for more info. Call 579-8493

HAWAII

Diabetes Education & Counseling Center sponsoring a Health Fair Nov. 8, 9am to 1pm Hilo Shopping Center



Listings for activities for the 2003 Diabetes Awareness Month are compiled by the Hawaii State Department of Health Chronic Disease Management and Control Branch, Diabetes Prevention and Control Program

For more information on diabetes contact the:
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Linda Lingle,
Governor
Chiyome Leinaala Fukino, M.D.
Director of Health

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We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call this program or our department Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378; or at 586-4616 (voice) or 586-4748 (TT) within 180 days of a problem.